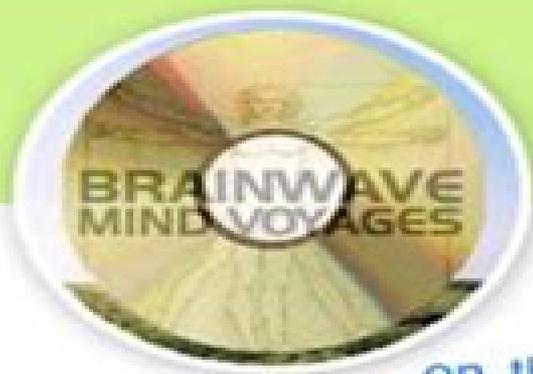


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interventions clinicians can use when counseling and medication prove insufficient for treating behavioral and psychological symptoms

Guide to Healing Chronic Pain Karen Kan MD,2013-06 Are you trying to get relief from chronic pain without drugs or surgery Have you been diagnosed with a so called incurable pain condition such as herniated discs arthritis multiple sclerosis migraine nerve damage or fibromyalgia This unique natural pain relief guide integrates mind body and spirit in the healing process and can help you discover multiple natural pain relief strategies you can use to heal your pain with or without your doctor s consent use cutting edge energy tools to quickly reduce or eliminate pain symptoms within minutes reduce and reverse the inflammation in your body caused by stress toxins and trauma rewire your brain and nervous system in order to reactivate your body s innate healing potential harness the power of the mind to remove obstacles to healing and reconnect with your Spirit and Higher Self so that you can experience healing as a joyful journey Guide to Healing Chronic Pain is an absolute must read not only for anyone suffering from chronic pain but also for anyone wanting to stay perfectly healthy for the rest of his or her life In the book Dr Karen Kan has set a new precedent of health care for Western physicians to follow in the twenty first century and beyond Taking the reader on a thorough exploration of drug free innovative and alternative medicine modalities such as infrared nanotechnology patches acupuncture without needles grounding energy healing nutritional therapy Qi and nervous system balancing detoxification and EMF pollution shielding Dr Kan synthesizes ancient Eastern healing techniques with cutting edge science Dr Kan s balanced Spirit Mind Body approach to healing chronic pain is not only revolutionary but is exactly what is needed now in Western medicine Dr Karen Kan is indeed a role model for the Next Human physician Jason Lincoln Jeffers spiritual teacher and author of The Next Human How To Create Your Future , Spa Management ,2001 Body & Soul ,2006 Shambhala Sun ,2001 New Age ,2002 Connecting to God Abner Weiss,2005 A rabbi and psychologist combines the mystic teachings of Kabbalah with modern psychology to create a new treatment approach explaining how to transform the divine energy within us to heal emotional wounds and reconnect with God Body & Soul (Watertown, Mass.) ,2005 **Super Brain Power** Dane Spotts,1998 **Words on Cassette, 2002** R R Bowker Publishing,2002 Film Score Monthly ,1998 The Publishers Weekly ,2007 **New Age Journal** ,1998 Connecting Link ,1992

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web add the dissolved coffee to the mixture still folding divide into the sandwich tins and cook for 25 30 min until risen and firm and a skewer inserted into the middle comes out clean leave to cool in the tin for 5 mins then turn out onto a wire rack

to cool completely can be frozen at this stage

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